



DBHDD

Special points of interest:

- Chapel Schedule
- Noticed by the Gnome
- Zumba Class
- Personal Notes
- Taking Flight
- Atlanta Braves Ticket Pkgs.

"Getting knocked down in life is a given. Getting up and moving forward is a choice."

Zig Ziglar

Inside this issue:

New Employees	2
HR Partners	2,3
Hospital Security	6
Safety Shop	6,7
Pharmacy Update	7-9
Training at a Glance	10,11
Infection Control	12
Out & About	16-18
Retirements	19

Georgia Department of Behavioral Health & Developmental Disabilities

ECRH Bulletin

VOLUME 10, ISSUE 21

MAY 15, 2014

East Central Regional Hospital

From the Desk of the RHA - Nan M. Lewis



May is a packed month for special days and weeks of recognition. First is Mental Health Awareness Week, a week in which we help raise awareness of mental health and wellbeing issues. One in five adult Americans will have a mental health condition in any given year. As Mental Health Professionals, we are caretakers, clinicians and therapists for those that we serve at

ECRH, but we are also all Advocates for everyone who is touched by mental illness, whether it be individuals or families. Speaking of Advocates, our own Lisa Kuglar was recognized as CSRA MH Advocate of the year at the recent Legislative Dinner.....cheers to you Lisa! Also, a shout out to Vannessa Dunton, ECRH peer specialist, who is graduating from the RESPECT Institute, providing her skills to be an Advocate by telling her own personal story. We were fortunate to hear these powerful RESPECT testimonies at ECRH, which are motivating and inspirational. We're proud of you Vannessa!

Next, of course, is Employee Appreciation Week. Several events throughout the week celebrated and recognized the contributions of our hard-working staff. Appreciation shouldn't be saved for a special week, remember to say "thanks" and "good job" every day! Think you've worked hard this past year? A few statistics prove that:

1500 individuals were received for evaluation resulting in 838 admissions. We've participated in 311 fire drills, and performed almost 50,000 lab tests in our laboratory. Over 5000 change of shift meetings provided continuity of care. More than 1.5 million medication doses were dispensed from our Pharmacy, and almost 1.7 million pounds of laundry were washed, dried and delivered! We've logged 81,000 hours of staff training and processed over 10,000 work orders through maintenance. The Warehouse delivered more

(Continued on page 4)

Tidbits of ECRH History

Two weeks ago, Jennifer Sosebee, Institutional Safety Manager, published a reminder: "DO NOT FEED STRAY ANIMALS!!!" Jennifer reminded us that stray animals can be a real safety and health issue. ECRH Augusta Campus and Gracewood Campus have had their share of cats, dogs, foxes, deer, opossum, geese, etc.

The biggest problem has been staff and individuals feeding feral cats. The most interesting thing.....the cats will come to the individuals (patients, clients) to be fed and petted, but run from staff. Why the difference? Can cats read name tags?

Contributed by Brian Mulherin

New Employees



Front Row(L-R): Patricia Horsford, LPN; Mavis Williams, RN; Jim Mills, RN; Sarah Carter,LPN

Back Row(L-R): April Avent, PHCW; Runesha Holmes, Training Specialist

Welcome New Employees!

HR Partners

A Reminder from your HR Manager:

This is a reminder to all staff that use the KRONOS clocking in and out stations.

1. Staff themselves should be clocking in and out. Staff should not be depending on anyone else to put time in the KRONOS system. Not your manager, not a timekeeper, not a Program Assistant. Individuals are responsible for clocking in and out for themselves at the KRONOS stations. This is a requirement of employment.
2. Staff should be clocking in and out at the KRONOS station nearest to their work areas. I have been made aware of people that clock in at one KRONOS station (not their work area), get back in their car, and then report to their work area. This is prohibited. People should be at their place of work when they clock in and be ready to work immediately after they clock in. You are on the clock at that point and you should be in your work area performing your job.
3. If your work day begins or ends in a different location than your normal work location, of course you can use the KRONOS station there. Example: You have training on the Gracewood Campus first thing in the morning. You can clock in at the Training Department's KRONOS station.

If you have any questions about this, please feel free to get in touch with me in Human Resources.

Thanks,

Doug Fine

HR Manager, East Central Regional Hospital

If you would like to share a story with Doug Fine about great service / great problem-solving / great support you received by Human Resources staff, please email him the details or send a note to him at HRM, Gracewood Campus, Building 103-A.

Revised E-mail Policy

The policy entitled **Email Use, Etiquette and Security, 23-212** has been updated and is now available in PolicyStat: <https://gadbhdd.policystat.com/policy/848091/latest/>. You may also find it by searching with the word "email" on the DBHDD PolicyStat home page: <http://gadbhdd.policystat.com>.

As you may recall, the method for email encryption changed when we moved from GroupWise to Outlook. Attachment B of the revised policy includes the instructions for how to encrypt confidential emails in Outlook. In addition, there is an attachment to the policy that provides guidelines for email disclaimer language. The policy also includes general information useful for all email users and guidance about email transmission of Protected Health Information (PHI). It's a useful policy!

HR Partners

Onsite Screening (Bio-Metric Screening)

East Central Regional Hospital (Gracewood) will be having an **Onsite Screening** for eligible members and covered spouses.

Participants will need to go online to the self scheduler tool and schedule an appointment at www.bewellshbp.com. All eligible members and covered spouses will be able to sign up for an onsite screening appointment at this time (**please print out your confirmation and bring to your scheduled appointment**).

For **Registration Assistance** please contact HRM at 706-792-7177.

There will be **Only One Session**

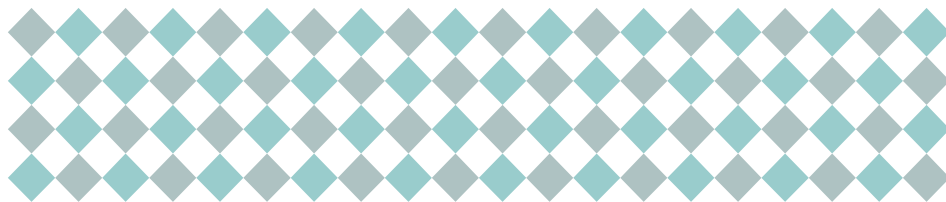
Site Name: East Central Regional Hospital Gracewood

Screening Date: June 17, 2014

Start Time: 7:00 a.m.

End Time: 1:00 p.m.

Screening dates, times and location will be scheduled and confirmed prior to event. Our office will update accordingly.



Noticed by the Gnome

ECRH had five employees Noticed by the Gnome in April. We thank them for the outstanding job they have been doing for the hospital and the individuals that we serve.

Paula Young
Elizabeth Seats
Thaddeus Dixon
George Hughes
Eric Turner

"Kudos to Ms. Young for being courteous and professional towards other disciplines while they are completing assessments and assisting our individuals. She is a positive role model on GMH!"

Thanks!



"Elizabeth Seats and Thaddeus Dixon, thanks for making First Freud Day such a great new event for our individuals!"

"Eric Turner does a wonderful job training individuals. His care for them is evident. Thank you for your commitment and quality of service!"

"Mr. Hughes is always pleasant and seems to enjoy being a part of ECRH. He's a very hard worker who takes pride in his job."

(Continued from page 1)

than 5,000 items, and the Cafeteria served almost a half million meals. Medical Records processed 1200 releases of information. The Dental Clinic performed 7,823 procedures and Human Resources recruited and hired 270 new employees. Finance has issued 2600 purchase orders. AND, you've read 25 Bulletins like this one packed with information.

ECRH employees have been busy, everyone is part of the team, and every team member's effort is recognized and appreciated! All of these tasks contribute to improving the lives of the individuals we serve. Thanks for all you do, this week, every week, and every day!

Imbedded within Employee Appreciation Week is Nurse's Day. Nurses are the 24-7 caretakers to the individuals we serve. They professionally mix clinical skills with compassion to provide treatment and support. Hats off to our ECRH Nurses!

Then of course, is the May holiday, Memorial Day; a day of remembrance for those who have died in our nation's service. Whether you personally know a friend or family member who made this ultimate sacrifice, we have our country and all that it stands for to thank for their service. Enjoy your holiday, the official start of summer, but also remember what the holiday represents.

Finally, how can you forget Mother's Day, and everyone knows everything you ever needed to know you learned from Mom. Special recognition to all the moms who manage to juggle their family responsibilities and their professional commitments - that's quite an accomplishment!

Take a look at the employee SPOTLIGHT on DBHDD University. Recently, Keith Antoine, a PBS team member, was noted for his special skills and excellent work, and now, ECRH's Forensic Director, Dr. Jason Henle, is in the spotlight for his performance. Two of ECRH's finest receiving recognition and making ECRH shine!

**Sincerely,
 Nan M. Lewis**

EAST CENTRAL REGIONAL HOSPITAL **BLOOD DRIVE**


TUESDAY, JUNE 3

GRACEWOOD CAMPUS
8:30 AM - 12:30 PM

AUGUSTA CAMPUS
2:00 PM - 4:30 PM

Present your Donor ID Card or Photo ID



s h e p a r d b l o o d . o r g 

Hospital Security

May 15, 2014

Law Enforcement Memorial Day is May 15



Each May, during National Police Week, the nation pauses to recognize the service and sacrifice of U.S. law enforcement.

Established in 1962 by President John F. Kennedy and a joint resolution of Congress, National Police Week pays special tribute to those law enforcement officers who have lost their lives in the line of duty for the safety and protection of others. Ceremonies are held in Washington, DC, and in communities across the country.

Safety Shop

DO NOT FEED THE STRAY ANIMALS



DO NOT LEAVE TREATS OR WATER OUT FOR THE STRAY ANIMALS

Once we start feeding the strays, they depend on us for food and they stick around. The stray animals are a safety issue. We do not know what kind of diseases these animals carry. When someone tries to touch them they can get scratched or bitten. Also, when food is left out for them it also attracts wild animals like the huge opossum that was captured on the Augusta campus. I know we get the urge to feed them because we don't want to see them suffer, but please refrain because it causes more problems in the long run.

Editor's Note: Please stop feeding the little gray dog who has made Gracewood home since before the ice storm. We are trying to catch the dog to give him/her a forever home.

Safety Shop

As the seasons are moving into spring and summer, we need to be aware of the temperature outside. As most of you have experienced, Augusta has hot summers. What some of us might not know is that ECRH has a plan for what to do during these extreme heat waves. The Emergency Operation Plan discusses what to do during prolonged heat exposure.

- ECRH Emergency Operations Plan, Annex 8 - Heat Plan, Attachment 1 - Additional Preventive Measures (extreme or prolonged heat), Attachment 2 - Symptoms and Treatment (heat exposure) and Attachment 3 - ECRH Weather Index Chart.

We have attached a copy of Annex 8 – Heat Plan to this month's bulletin. Be sure to read it and share it with your staff. This way we can keep both our individuals and our staff safe this summer.

If you need assistance with anything Fire Safety, Life Safety, Radio Communications, MSDS, HazMat, Medical Equipment, or Emergency Management, please contact Jennifer Sosebee, Safety Manager, at 706-790-2400/2401. Or e-mail at jgsosebee@dhr.state.ga.us.

HELP ME HELP YOU make ECRH a safe place for our individuals, visitors, and staff.

Pharmacy Update

LEAVE AND DISCHARGE ORDERS

Order Date, Start Date, and Duration of Therapy in Avatar

When entering leave orders and discharge orders, please be aware that there is an **order date, a **start date** and **duration of therapy** that need to be addressed.**

The **order date is the date that the order is entered.**

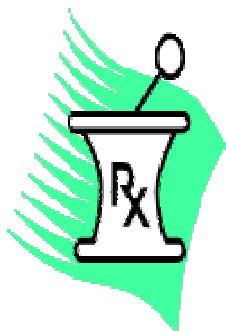
The **start date should be entered as the **first day (date and time) of the leave or the date and time of discharge.****

The **duration of therapy should be entered accurately to ensure that the Individuals receive the correct number of doses of each medication.**

If the order requests a **quantity to be dispensed, please place the number of tablets that are being requested for the prescription. If 0 is entered as the **quantity to be dispensed**, the pharmacy will not dispense any medication.**



Pharmacy Update



"Pharmacy for Nurses" Class

All nurses are encouraged to attend the
"Pharmacy for Nurses" class:

Gracewood Campus - Building 103B:

during Nursing Orientation

May 15, 2014

1:30pm – 2:30pm

**Please contact Sopheap Pin or Casandra Roberts
in the Pharmacy for more information ext. 2496**



Attention Nursing Staff



Please make sure that all bags removed from the After Hours Cabinet are labeled with the Individual's Identification information. This is essential for the proper charging and crediting of the medication. The bags should then be **sent back promptly** after the Pharmacy re-opens. If the bags are held on the unit and the Individual is discharged, the Pharmacy may not be able to credit the medications due to the Individual's information no longer being available in the computer system. Your assistance with this issue will be greatly appreciated.



CONTROLLED DRUGS



Please be aware that ***only DEA licensed Physicians and Dentists*** are allowed to write **Schedule II (CII) Controlled drug orders such as Adderall or Percocet.**

(Continued on page 9)

Pharmacy Update

(Continued from page 8)

Any CII orders entered into Avatar by anyone else will be processed as a Medication Variance.

Controlled Drugs

Nursing:

1. Please return all **Percocet, Lortab, Lorcet, and Tylenol # 3** from all Nursing Units that do not have current orders for the medications. Please also return all other controlled substances that are not currently prescribed (unless the medication is one that is routinely ordered by the Dental Clinic for Pre-dental Sedation such as Valium).
2. The only Nursing Units that should stock **Percocet, Lortab, Lorcet, and Tylenol # 3** without current orders are 76-2 (After Hours Cabinet Stock) on the Gracewood Campus and EATO on the Augusta Campus.
3. **Please do not use tape on any unit dose packaging for any medications for any reason.** Any packaging found with tape attached to it should be brought to the immediate attention of the Nurse Supervisor. The Nurse Supervisor should inspect the medications and then notify the Pharmacy Director or Pharmacist in Charge. The medications should then be returned to the Pharmacy for replacement (if appropriate).
4. **The Pharmacy will no longer dispense a quantity greater than 10 tablets for Percocet, Lortab, Lorcet, or Tylenol # 3 Floor Stock orders** unless the physician's order is written for a routine schedule (not PRN). Any quantities dispensed greater than 10 tablets will be at the discretion of the Pharmacist in Charge.
5. Any area that has a new order entered by the physician or dentist for **Percocet, Lortab, Lorcet, or Tylenol # 3** may sign out one dose at a time from EATO or 76-2 until the Pharmacy opens and the nurse is able to enter a floor stock request for the medication. The pharmacy will dispense no more than 10 tablets of a codeine derivative medication at one time (with the only possible exception being the floor stock supply for EATO or 76-2 AHC).

Training at a Glance - May

CLASS	DATE	TIME	PLACE
NEO Principles of Recovery	5/1/2014	9:30 a.m.-10:30 a.m.	BLDG 103-D E&R
EMR Nursing	5/1/2014	8:00 a.m.-1:30 p.m.	BLDG 103-C Room C-18
CPRC	5/1/2014	8:00 a.m.-12:00 p.m.	BLDG 103-C Room C-23
NEO Incident Management	5/2/2014	2:30 p.m.-4:30 p.m.	BLDG 103-D E&R
Updated Safety Care #2	5/1/2014 5/2/2014	12:30 p.m.-4:30 p.m. 8:00 a.m.-4:30 p.m.	BLDG 20 Gracewood
First Aid	5/2/2014	8:00 a.m.-12:00 p.m.	BLDG 103-C Room C-23
NEO Infection Control and Prevention+Handwashing	5/2/2014	9:00 a.m.-10:30 a.m.	BLDG 103-C Room C-23
CPRA	5/2/2014	1:00 p.m.-4:30 p.m.	BLDG 103-C Room C-23
PBS Training	5/2/2014 5/5/2014	8:00 a.m.-4:30 p.m. 8:00 a.m.-12:00 p.m.	BLDG 103-C Lab
First Aid	5/5/2014	8:00 a.m.-12:00 p.m.	BLDG 103-C Room C-23
CPRA	5/5/2014	1:00 p.m.-4:30 p.m.	BLDG 103-C Room C-23
Updated PNS Professional	5/5/2014	1:00 p.m.-3:00 p.m.	BLDG 103-C Lab
Updated Seizure Management	5/5/2014	1:00 p.m.-2:30 p.m. 3:00 p.m.-4:30 p.m.	BLDG 103-C Room C-18
NEO Safety Care #1	5/5/2014 5/6/2014	8:30 a.m.-4:30 p.m. 8:00 a.m.-12:00 p.m.	BLDG 20 Gracewood
NEO Safety Care #2	5/5/2014 5/6/2014 5/7/2014	8:30 a.m.-4:30 p.m. 8:00 a.m.-4:30 p.m. 8:00 a.m.-12:00 p.m.	BLDG 20 Gracewood
CPRC	5/6/2014	8:00 a.m.-12:00 p.m.	BLDG 103-C Room C-23
Infection Control and Prevention+Handwashing	5/6/2014	9:00 a.m.-10:30 a.m.	BLDG 103-C Lab
Principles of Recovery	5/6/2014	1:00 p.m.-2:00 p.m. 2:00 p.m.-3:00 p.m. 3:00 p.m.-4:00 p.m.	BLDG 103-C Room C-23
First Aid	5/7/2014	8:00 a.m.-12:00 p.m.	BLDG 103-C Room C-23
NEO CPRA	5/7/2014	12:30 p.m.-4:00 p.m.	BLDG 103-C Room C-23
NEO CPRC	5/7/2014	12:30 p.m.-4:30 p.m.	BLDG 103-C Lab
Updated Incident Management	5/7/2014	8:00 a.m.-9:30 a.m. 10:00 a.m.-11:30 a.m.	BLDG 103-D E&R
Updated PNS End User	5/7/2014	1:00 p.m.-2:00 p.m. 2:00 p.m.-3:00 p.m. 3:00 p.m.-4:00 p.m.	BLDG 103-D E&R

Training at a Glance - May

CLASS	DATE	TIME	PLACE
Updated Safety Care #2	5/7/2014 5/8/2014	12:30 p.m.-4:30 p.m. 8:00 a.m.-4:30 p.m.	BLDG 20 Gracewood
NEO First Aid	5/8/2014	8:00 a.m.-12:00 p.m.	BLDG 103-C Room C-23
NEO Medical Emergency Response System	5/8/2014	12:30 p.m.-4:30 p.m.	BLDG 103-D E&R
Updated PNS End User	5/8/2014	8:00 a.m.-9:00 a.m. 9:00 a.m.-10:00 a.m. 10:00 a.m.-11:00 a.m.	BLDG 103-D E&R
CPRA	5/8/2014	1:00 p.m.-4:30 p.m.	BLDG 103-C Room C-23
CPRC	5/9/2014	8:00 a.m.-12:00 p.m.	BLDG 103-C Lab
Updated Seizure Management	5/9/2014	8:00 a.m.-9:30 a.m. 10:00 a.m.-11:30 a.m.	BLDG 103-C Room C-23
NEO Observation of Individual to Ensure Safety	5/9/2014	10:30 a.m.-1:30 p.m.	BLDG 103-D E&R
NEO Seclusion and Restraint	5/9/2014	1:30 p.m.-4:30 p.m.	BLDG 103-D E&R
Updated Safety Care #1	5/9/2014	8:00 a.m.-4:30 p.m.	BLDG 20 Gracewood
Updated Safety Care #2 (Weekend)	5/10/2014 5/11/2014	8:00 a.m.-4:30 p.m. 8:00 a.m.-12:00 p.m.	BLDG 20 Gracewood
NEO Therapeutic Incentive Program	5/12/2014	8:30 a.m.-10:00 a.m.	BLDG 103-D E&R
NEO Seizure Management	5/12/2014	10:00 a.m.-12:00 p.m.	BLDG 103-D E&R
CPRA	5/12/2014	8:00 a.m.-11:30 a.m.	BLDG 103-C Room C-23
First Aid	5/12/2014	12:30 p.m.-4:30 p.m.	BLDG 103-C Room C-23
Updated PNS Professional	5/12/2014	1:00 p.m.-3:00 p.m.	BLDG 103-C Lab
Updated Incident Management	5/12/2014	8:00 a.m.-9:30 a.m. 10:00 a.m.-11:30 a.m.	BLDG 103-C Lab
Safety Care #2	5/12/2014 5/13/2014 5/14/2014	8:00 a.m.-4:30 p.m. 8:00 a.m.-4:30 p.m. 8:00 a.m.-12:00 p.m.	BLDG 20 Gracewood
NEO PNS Professional	5/13/2014	8:00 a.m.-12:00 p.m.	BLDG 103-C Lab
NEO PNS End User	5/13/2014	12:30 p.m.-4:30 p.m.	BLDG 103-D E&R
Updated Safety Care #2	5/14/2014 5/15/2014	12:30 p.m.-4:30 p.m. 8:00 a.m.-4:30 p.m.	BLDG 20 Gracewood
EMR Nursing	5/15/2014	8:00 a.m.-1:30 p.m.	BLDG 103-C C-18
CPRC	5/15/2014	8:00 a.m.-12:00 p.m.	BLDG 103-C Room C-23
Infection Control and Prevention+Handwashing	5/15/2014	9:00 a.m.-10:30 a.m.	BLDG 103-D E&R
Updated Seizure Management	5/15/2014	1:00 p.m.-2:30 p.m. 3:00 p.m.-4:30 p.m.	BLDG 103-D E&R

Infection Control - Refrigerators

Refrigerator Cleaning & Monitoring Temperature

Prevention and monitoring are a primary Infection Control concerns. Infection Control places a high priority to projects that lead directly to the prevention of disease. Cleaning removes germs from surfaces. Cleaning all surfaces in addition to monitoring temperatures is paramount in preventing bacterial growth. Also, prompt refrigeration slows bacterial growth and keeps food fresh and edible. ECRH desires to protect our individuals, staff, and visitors, and therefore we have a master refrigerator cleaning schedule. We refer to this as Form ADM 308. This yellow form is placed on the front of all our refrigerators.

- Clean refrigerator twice a month
 - 1st and 3rd week
 - Soap & hot water
 - Rinse and dry
- Defrost Freezer Quarterly & as needed
- Monitor and maintain Temperature daily
 - 34 to 45 degrees in refrigerator
 - 10 to 20 degrees in freezer
- Record the thermometer checks daily on yellow schedule
- Corrective measures are taken when freezer or refrigerator are out of standard range
 - List corrective measure, date, and initial
- Post new yellow schedule quarterly
- Maintain yellow schedules on file for one year

Remember:

- Spills are cleaned up immediately, then whipped with soap and hot water solution
- No employee food or drinks allowed in medication refrigerators
- Laboratory specimens allowed only in laboratory specimen refrigerators

References: ECRH Form ADM 308 & CDC website



A HUGE THANK YOU!!

...to everyone who helped make the Zumbathon Thursday afternoon a great success!! We had more than *60* people come out to participate, representing both campuses!

Want to do it again?! We do too! As part of a wellness program for staff, come join us starting May 21, 2014:

Wednesdays 4 – 5pm






...in the Augusta campus gymnasium! We may consider additional classes if there is enough interest!

Come to Thursday Night Worship!



May 15th: Ronny Johnson
May 22nd: Sing-A-Long with Joan!
May 29th: Evangelist Judy Lawson

All programs begin at 7:00 PM.
Location: Chapel of All Faiths

24 Hour Computer Help Desk Number: 1-877-482-3233

Use this number to report any computer issues such as with computers, network printers, monitors, mice, keyboards, laptops, GroupWise, Avatar, Worx, Sunquest Down and Network down. Helpdesk covers items that were previously working and are not working or not working properly. Always keep ticket number and the name of the person you speak with for necessary follow up. **NOTE: Broken Mice & Keyboards** are replaced by helpdesk. Please keep info and report any issues with this process to Service Delivery Staff. Desktop printer issues may be phoned into Service Delivery at **2444** but will not be serviced. Replacement or alternative printing options will be reviewed.

Phone Issues: Contact Switchboard at **2011** or e-mail **Tomica Willingham** (Use this number for repairs, problems, requesting new lines or jacks) Include the following: Telephone # with trouble, Building #, Type of phone (name on the phone), Room #, Station # if phone has one, problem with phone, & contact person. When requesting LAN jack please place work order with Plant Operations to run the cable prior to requesting the jack be installed. Always request 2x2 when having new voice (phone) & data (LAN) jacks added.






Avatar Password Resets: Contact Unit Nurse Manager between 7:30 am & 5 pm or e-mail dbhdditappsupport@dhr.state.ga.us. After normal business hours, clinical staff may contact Admission Office at 7006 for Avatar password resets. **Note: Novell passwords** should be reset using the Password Change Icon located on your desktop or go to <https://password.dhr.state.ga.us>. **You may also contact Help Desk.**
***Additional Avatar issues should e-mail dbhdditappsupport@dhr.state.ga.us**

New User Request or Computer Access Changes: Continue to fill out Access form and mail signed form to Service Delivery. Call **2444** with questions. Access changes include access to new software or specific folders and drives on our network.

Computer Equipment Moves: Fill out Computer Move request and submit to Service Delivery Staff. Call **2444** or e-mail EC_ServiceDelivery with questions. This takes approximately 30 days so allow time in planning.

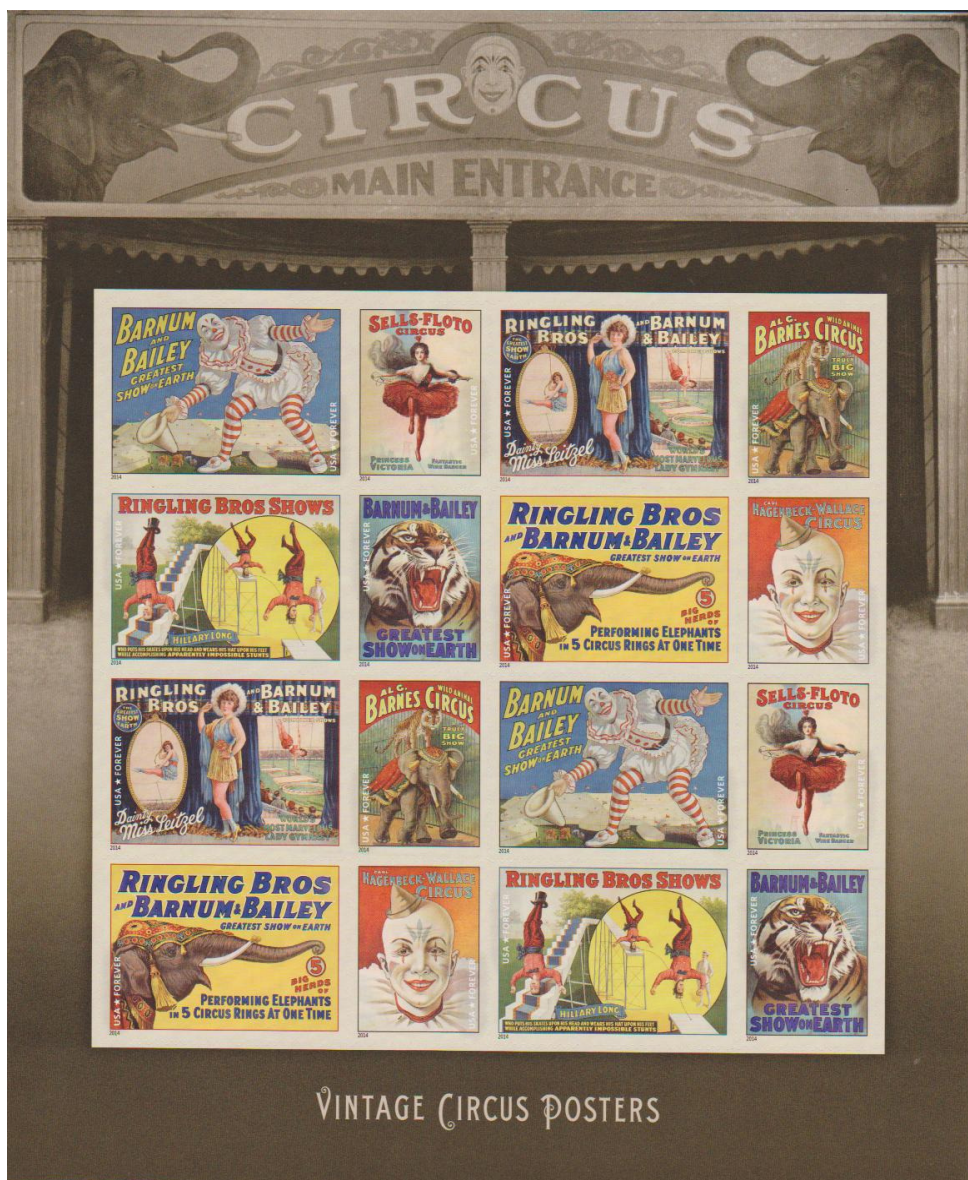
Computer/Software Request: Continue to fill out Request for new Technology form and submit completed signed form to Service Delivery. Call **2444** or e-mail EC_ServiceDelivery with questions.

Avatar Reporting Needs: If you are in need of specific data for reporting from Avatar please contact Hospital Reporting staff at **2568**.

Gracewood Post Office**Window Hours****M-F 9:00 am-12:00 noon****1:30 pm-4:30 pm****Sat 9:00 am-10:45 am**

Visit the Gracewood Post Office today and ask Frank Deas about renting a Post Office Box!



**Available
Now!**



Leap N Lower

April 1, 2014 – August 31, 2014

Are you stuck between a rock and a hard place with your current auto loan?
LEAP on over to Richmond Community FCU! Refinance your current auto loan with us,
and we will **LOWER** your current interest rate at least **2% APR*** to as low as 1.9% APR*!
This could possibly save you hundreds of dollars over the remaining term of your loan!

2.14% in 2014

Get **2.14% APR*** on **ALL NEW** and **USED** Auto Loans during May 2014!
Automobile must be a 2009 or newer. Credit scores must be 660+.

Fresh Start Auto Loans

Bad Credit? No Credit? Trouble Getting Approved?
If you have had credit problems in the past and are ready for a **Fresh Start**
Richmond Community Federal Credit Union can help you get
Into a reliable car!

Discount Carowinds Coupons

Richmond Community Federal Credit Union had Discount Carowinds Coupons!
Stop by and see us today for your **FREE** discount coupons!

Six Flags Tickets

Purchase your Six Flags tickets through our website and save money!!
Visit our website at www.richmondcommunityfcu.org to get your tickets today!

*Annual Percentage Rate. All loan applications are subject to approval. Certain credit and policy restrictions may apply.

Loans currently held at RCFCU are not eligible for refinancing. Mortgage loans are not eligible.

Find us on Facebook! <http://www.facebook.com/RichmondCommunityFCU>

www.richmondcommunityfcu.org

P.O. Box 15, 2048 Tobacco Rd.

Gracewood, Ga. 30812

706-790-1776

Out & About



Preparing 76-1 for new arrivals.



Faithful Service

Faithful Service



National Day of Prayer



National Day of Prayer

Out & About



Dona Brown Retirement



Marsha Davis Retirement

Out & About

Employee Appreciation



Retirements

Dona P. Brown - Operations Analyst
EOD 7/1/1986

Carolyn M. Byrd - HST Shift Supervisor
EOD 3/16/1989

Marsha H. Davis - Health Aide
EOD 2/1/1988

Kathy Lacy - Nurse Assistant
EOD 3/1/1999

Ernestine Martin - LPN
EOD 8/16/1990

Personal Notes

"I would like to express my appreciation for the kindness shown during my recent retirement from East Central Regional Hospital. I will not forget the friendships made during the years on both the Augusta and Gracewood Campuses. You have been a blessing in my life."

Dona Brown, DDS/Legal Services

"Thank You! For the wonderful party. The gifts and kind words mean more to me than I am able to express. It has been fun, challenging, meaningful work. I am a much better person from my time spent here. So thanks to the Individuals and fellow employees for helping me to become the person that I have become. I will miss everyone and wish all of God's best for all of you. Thanks."

Marsha H. Davis, Camellia Unit

MAY IS BETTER HEARING AND SPEECH MONTH

Speech and Language Pathologists are trained to evaluate and treat the following disorders:

1. Dysphagia
2. Speech Disorders:
 - a. Apraxia
 - b. Dysarthria
 - c. Stuttering
 - d. Voice
 - e. Articulation
 - f. Language (receptive and expressive)
 - g. Sign Language
 - h. Create and make Communication Boards
 - i. Voice output devices
3. Cognitive-Linguistic (Symbolic Disorders)
 - a. Dementia
 - b. Alzheimer's Disorder
 - a. Neurogenic Disorders



East Central Regional Hospital, both Augusta and Gracewood Campuses, have Speech Pathologists who serve individuals with a variety of disorders.

Published Twice Monthly



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NOTICE

Items for publication must be submitted in written form. The upcoming issue's deadline is May 23, 2014. All articles and notices submitted for publication in the East Central Regional Hospital Bulletin are subject to editorial discretion. Please contact the Bulletin editor if you have questions regarding editorial decisions.

**Our Mission**

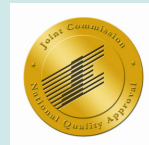
The mission of East Central Regional Hospital is to provide safe, competent and compassionate services to persons with mental illness and/or developmental disabilities.

Our Vision

The vision of our Facility is to be a center of excellence in the provision of comprehensive, responsive and compassionate care for consumers and their families.

Our Values

East Central Regional Hospital is caring and therefore, responsive to our consumers, their families, stakeholders and our employees through commitment to our core values:

Integrity**C**ommunication & Collaboration**A**ccountability**R**ecognition through Relationships**E**mpowerment through Excellence

Accredited

by

The Joint Commission

Campus Marquees

Deadline for submission of

JUNE MESSAGES**May 23, 2014**

Submit information to Teresa Crouch

Gracewood Campus

Extension 2030

**(Information must be submitted on or before the indicated date
to be placed on Marquees for the following month.)**

ECRH Jobs List

This is a list of job openings currently available at East Central Regional Hospital. For further information regarding these positions, please go to the DBHDD webpage at www.dbhddjobs.com.

Activity Therapist - Forensic Unit

Activity Therapist - Gracewood Campus

Activity Therapy Leader - Gracewood Campus

Associate Nurse Executive - Augusta Campus

Associate Nurse Executive - Gracewood Campus

Certified Nursing Assistant 1 (multiple shifts available)

CNA - Skilled Nursing Facility

DD Shift Supervisor - Gracewood Campus

Facility Safety Officer - Corporal

Food Service Worker (WL)

General Trades Craftsman

Groundskeeper

Health Care Worker

Health Service Technician 1 - Augusta Campus

Health Service Technician 1 - Gracewood Campus

Health Services Technician 2 - Augusta Campus

Health Services Technician 2 - Gracewood Campus

HVAC Repair Technician

Legal Status Manager

LPN - 1st Shift- Augusta Campus

LPN - 1st Shift- Gracewood Campus

LPN - 2nd Shift- Augusta Campus

LPN - 2nd Shift- Gracewood Campus

LPN - 3rd Shift- Augusta Campus

LPN - 3rd Shift- Gracewood Campus

Lifeguard (multiple positions)

LPN - Skilled Nursing Facility

Mechanic

MH Shift Supervisor

MH/DD Team Leader

Nurse Administrator - (E/N) Gracewood and Augusta Campus

Nurse Practitioner - Skilled Nursing Facility

Physicians Assistant- Augusta

RN - Augusta Campus

RN - Charge Nurse - Augusta Campus

RN - Charge Nurse - Gracewood Campus

RN - Forensic Mall

RN -Gracewood Campus

RN - Skilled Nursing Facility

Service Director 2 - Gracewood

Workers Compensation Coordinator

Taking Flight

A Briefing from Project GREAT
Georgia Recovery-Based Educational Approach to Treatment

Peer Support among Us

"You too!" - When dealing with any significant stress in life, it is often comforting to know that someone else has walked down that path as well and thus you are not alone. And in this discovery, there can be opportunities to learn from another's experience in ways that can be uniquely helpful. In light of the significant challenges often faced by individuals dealing with mental illness, the presence of a person who knows firsthand what it is like to live with mental illness truly can be invaluable. Since the 1970's, these fundamental insights have led to the development and spread of a new member of the mental health treatment team: the peer support specialist. In the late 1990's the state of Georgia pioneered a Certified Peer Specialist program that provides two-week training for individuals with lived experience with a mental illness to equip them to provide support services for individuals facing the challenges of mental illness.¹ This certification process is open only to individuals who have received services for a mental illness and have demonstrated efforts at self-directed recovery. The certification process includes two required weeklong training modules on how to provide support services followed by a written and oral examination. Worldwide, peer support specialists have taken on many positions, roles, and duties including serving as health care providers in outpatient and inpatient psychiatric services as well as serving as recovery educators and program developers. Regardless of their roles, however, the peer support specialist has much to offer in navigating the journey of mental illness.

The literature has pointed to three important contributions of the peer support specialist:² (1) The first and foremost is that of instilling hope. Through the sharing of his or her recovery story, the peer support specialist demonstrates that there are possibilities that a life that has been disrupted by mental illness can be recovered to be productive and meaningful. While each recovery story is unique, there is a powerful common message in each that declares that with courage, determination,

and support it possible to go from being a victim of one's illness to being a hero of a life well lived. (2) The second is the sharing of one's experiential knowledge in coping with the ups and downs of psychiatric symptoms, dealing with the mental health care system, preserving a job and important relationships, all while dealing with the stigma and at times the outright discrimination associated with mental illness. Through lived experience, the peer support specialist has learned a great deal about what it takes to be empowered to take on and overcome many of the difficult challenges along the way: valuable lessons that can be passed onto another with a confidence that only comes from having "been there and done that." And (3) The peer support specialist can authentically share the perspective of being in the same shoes and walking down the same path such that true understanding and a deeper empathy are possible. Thus the peer specialist can have a heartfelt compassion for what it is like for the individual discouraged by mental illness, and yet also show a unique resolve that recovery is possible... "Yes, me too. But I know, I truly know, that your life can be better; so expect more, speak up, try harder, and become partners in your own care." Perhaps a most appropriate summary of what a peer support specialist offers comes from the poem by Edgar A. Guest entitled, "Sermons We See"³

"I'd rather see a sermon than hear one any day;
I'd rather one should walk with me than merely tell
the way. The eye's a better pupil and more willing
than the ear, fine counsel is confusing, but
example's always clear..."

Alex Mabe, Ph.D.

1. Sabin, J. E., & Daniels, N. (2003). Managed Care: Strengthening the Consumer Voice in Managed Care: VII. The Georgia Peer Specialist Program. *Psychiatric Services*, 54(4), 497-498. doi: 10.1176/appi.ps.54.4.497
2. Davidson, L., Bellamy, C., Guy, K., & Miller, R. (2012). Peer support among persons with severe mental illnesses: a review of evidence and experience. *World Psychiatry*, 11(2), 123-128.
3. Guest, Edgar A. *Collected Verse of Edgar Guest* NY: Buccaneer Books, 1976, pg. 599.



There will be a representative from BC Marketing Group here on behalf of the **ATLANTA BRAVES**. He will be here again in the **VIP Dining Facility in Central Kitchen, Gracewood Campus Bldg. 20, on Friday May 16, 2014 from 9:30am-1:30pm!**

He will be selling Braves ticket packs at a huge discount. The packs include:

- (4) \$49 ticket vouchers for only \$40 per pack. (Breaks down to \$10 per ticket) We sell the vouchers in sets of four so 4,8,12, etc.
- With every set of four vouchers you purchase, you will also receive 6 buy one get one free tickets as a bonus. If you buy multiple tickets you may use them at different times.
- You do not have to use all your tickets at one game, but you may if you choose to do so.
- **YOU DO NOT HAVE TO CHOOSE YOUR GAMES TODAY.**
- **Exceptional Hotel discounts will be available as well.** See sales representative for more information



These tickets are good for 65 designated home games this year. You can redeem them at the gate the night of the game or at the box office as far in advance as you choose to secure your seats. ***Tickets can be used for The Club Pavilion (formally known as the Lexus Level), the Terrace View, Outfield or Upper Box based on availability.***

Father's Day, Birthdays, Groups... they make great gift ideas!!!!
This is the same promotion that we offer each year!!!

John McGough will be located in the **VIP Dining Facility in Central Kitchen, Gracewood Campus Bldg. 20 on Friday May 16, 2014 from 9:30am -1:30 pm!**

Cash, Check, Credit and Debit cards are accepted!!

John McGough
BC Marketing Group
4501 Circle 75 Parkway
Suite C-3150
Atlanta, GA 30339

Baseball Tickets

